

# Push Hands Workshop

## Frederick Behar & Lucy Gardner The Way of Non-Force

In this one and a half day workshop we will be covering techniques for pushing hands with the minimum force necessary. Working in pairs, we will explore various exercises from which you will learn key skills including how to:

- adapt and follow your partner
- push with a force of less than 2kg
- find the most effective direction for pushing and pulling
- use “Dong Jing” the energy of understanding your partner's intentions



Part of the workshop will be devoted to **Flexibility and Mobility**. These aspects are important for both tai chi and push hands and regular practice will enhance your skills in partner-work as well as your solo tai chi form. We will be covering various exercises and will explain the relevance of each. Some can be used in a specific situation and we will investigate the push hands application together after solo training.

*The Way of Non-Force follows the principles advocated by the Tai Chi Classics. We never meet force with force. If a partner resists – we change tactics. In this way, push hands becomes an interesting physical and mental challenge in which men and women of any age can participate without misgivings.*

*At the end of the workshop you will be able to practice fixed push hands with a partner using several easy to remember techniques. You will have also learnt exercises for flexibility and mobility which you can incorporate into your regular routine. We hope you will leave having gained in confidence and enthusiasm for this key part of the art of tai chi.*

